

## Resilient Therapy Workshop October 2014

Professor Angie Hart

University of Brighton  
Community  
Development  
Programme



### Overview of the day

9-10.30am Resilient Therapy – the development

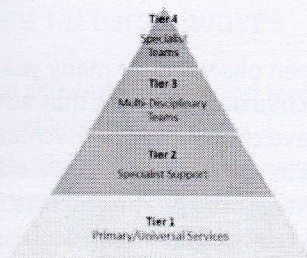
10.30-10.45am Break

10.45am-1.00pm RT approaches and applications

1pm-2pm Lunch

2-4pm Applying RT in your practice

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**CAMHS Tier System**  
Child and Adolescent Mental Health Service provides support to children and young people from 0-18, who have mental health, emotional or behavioural concerns

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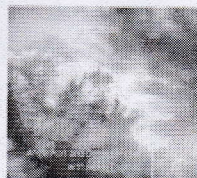
### Lived experience and wider community experiences



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**Resilient  
Therapy**

Working with Children and Families

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### Resilience can be thought of as

- Normal development under difficult circumstances. Relative good result despite experiences with situations that have been shown to carry substantial risk for the development of psychopathology (Rutter)
- Ordinary magic in the minds, brains and bodies of children, in their families and relationships and in their communities (Masten)
- An emergent property of a hierarchically organised set of protective systems that cumulatively buffer the effects of adversity and can therefore rarely, if ever, be regarded as an intrinsic property of individuals (Roisman et al)

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